

Mess Hall Menu 8 – 17 December 2011

Thursday, 8 December 11

Breakfast

Fried eggs to order, omelets to order
Scramble eggs and hard cooked eggs
Western Scrambled Eggs
Oatmeal and cold cereals
Grilled Sausage Patties
Oven Fried Bacon
Potato and Herbs
Sausage Gravy w/ biscuits
French Toast / Waffles

Market Lunch & Dinner

Beef and Vegetable Barley Soup
BBQ Spare Ribs
Sheppard's Pie Casserole
Baked Macaroni and Cheese
Corn on the Cob
Mixed Vegetables
Cheese Drop Biscuits
Streusel Topped Apple Cobbler

Fusion Lunch and Dinner

Baked Italian Sausage
Marinated Grilled Chicken Strips
Alfredo Sauce
Marinara Sauce
Simmered Penne
Simmered Rotini
Bread Sticks
Assorted Pizzas

Friday, 9 December 11

Breakfast

Fried eggs to order, omelets to order
Scramble eggs and hard cooked eggs
Pasta Scrambler
Oatmeal and cold cereals
Oven Fried Bacon
Sausage Patties
Cottage Fried Potatoes
Creamed beef w/ biscuits

Pancakes / Waffles

Market Lunch & Dinner

New England Fish Chowder

Roasted Chicken

Chili Mac

Grilled cheese Sandwich

Chicken gravy

Club Spinach

Corn

Biscuits

Peach Cobbler

Fusion Lunch and Dinner

Asian Beef and Broccoli Stir Fry

Lo Mein Vegetable with Asian Sauce

Steamed Rice

Fried Rice

Peas

Chinese Egg Rolls

Assorted Pizzas

Saturday, 10 December 11

Breakfast Brunch

Cream of Mushroom Soup

Breakfast Pizza

Fried eggs to order, omelets to order

Scramble eggs and hard cooked eggs

Oatmeal and cold cereals

Grilled Ham Slices

Oven Fried Bacon

Hash Brown Potatoes

Creamed Beef w/ biscuits

Pancakes / Waffles

Grilled Chicken Breast Sandwich

Cheeseburger / Hamburger / Hot Dog

French fries / Onion Rings / Baked Beans

Market Lunch and Dinner

Cream of Mushroom Soup

Steak Rancho

Roast Turkey

Mashed Potatoes

Southwestern Rice

Broccoli
Glazed Carrots
Chicken Gravy
Corn Bread Dressing

Sunday, 11 December 11

Breakfast Brunch

Navy Bean Soup
Fried eggs to order, Omelets to order
Scramble eggs and hard cooked eggs
Sunrise Sausage Casserole
Oatmeal and cold cereals
Baked Sausage Patties
Oven Fried Bacon
Cottage Fried potatoes
Creamed Beef w/ biscuits
Grilled Chicken Breast Sandwich
Cheeseburgers / Hamburgers / Hot Dog
French Fries / Onion Rings / Baked Beans
French Toast / Waffles

Market Lunch and Dinner

Navy Bean Soup
Grilled Steak
Vegetable Lasagna
Baked Potato
Southern Style Greens
Vegetable Stir Fry
Dinner Rolls

Monday, 12 December 11

Breakfast

Fried eggs to order, omelets to order
Scramble eggs and hard cooked eggs
Oatmeal and cold cereals
Monterey Egg Bake
Oven Fried Bacon
Sausage patties
Home Fried Potatoes
Creamed Beef w/ biscuits
Pancakes / Waffles

Market Lunch & Dinner

Minestrone Soup
Roasted Chicken Tandoori Style
Tater Tot Casserole
Jasmine Pilaf
Parsley Buttered Potatoes
Corn
Green Beans and Carrots
Dinner Rolls
Apple Cobbler

Fusion Lunch and Dinner

Steamed Shrimp
Grilled chicken Strips
Sizzlin Caesar Salad
Parmesan Focaccia
Bread Sticks
Assorted Pizzas

Tuesday, 13 December 11

Breakfast

Fried eggs to order, omelets to order
Scramble eggs and hard cooked eggs
Country Style Scrambled Eggs
Oatmeal and cold cereals
Oven Fried Bacon
Grilled Sausage Patties
O'Brien Potatoes
Sausage Gravy w/ biscuits
French Toast / Waffles

Market Lunch & Dinner

Chicken Noodle Soup
Fried Catfish
Meatloaf
Rosemary Roasted Potatoes
Mashed Potatoes
Corn
Broccoli
Brown Gravy
Cornbread
Blueberry Cobbler

Fusion Lunch and Dinner

Baked Italian Sausage
Marinated Grilled Chicken Strips
Alfredo Sauce
Marinara Sauce
Simmered Penne
Simmered Rotini
Bread Sticks
Assorted Pizzas

Wednesday 14 December 11

Breakfast

Fried eggs to order, omelets to order
Scramble eggs and hard cooked eggs
Potato, Tomato and Garlic Frittata
Oatmeal and cold cereals
Sausage Patties
Oven Fried Bacon
Lyonnaise Potatoes
Creamed Beef w/ biscuits
Pancakes / Waffles

Market Lunch and Dinner

Bean with Bacon Soup
Roasted Chicken Teriyaki
BBQ Beef Brisket
Roasted Garlic and Oregano Potatoes
Steamed Rice
Corn on the Cob
Green Beans
Biscuits
Cherry Cobbler

Fusion Lunch and Dinner

Tacos
Chicken Enchiladas
Cilantro Rice
Beans Fiesta
Sour Cream / Salsa
Lettuce / Tomatoes / Cheese
Fresh Cilantro and Onions
Assorted Pizzas